

Like being physically fit, emotional resiliency often requires guidance & diligent training.

Here are resources available within 3d MLG!

DStress Line: 1-877-476-7734

<https://usmc-mccs.org/services/support/dstress-line/>

Military One Source: 1-800-342-9647

<https://www.militaryonesource.com>

MCCS Community Counseling:

<https://www.mccsokinawa.com/communitycounseling/>

Confidential counseling to individuals, couples, families, & group therapy.

Walk-in screenings at these locations:

Camp Foster (Bldg 439)

Camp Hansen (Bldg 2394)

DSN 645-2915

Chaplains: (Island Chaplain 645-2501)

<https://www.mcipac.marines.mil/Staff-and-Sections/Special-Staff/Chaplain/>

Afterhours: Contact your unit OOD to be transferred to the duty Chaplain

Military Family Life Consultants (MFLC): (Command MFLCs Listed Below)

These individuals provide confidential counseling on situational acute stressors with **NO** documentation. They are often willing to tailor locations to your comfort.

3RD MLG COMMANDS	CONTACT NUMBER
CLR-35 (3d Mn Bn & 3d Sup Bn)	090-6073-7891
9TH ESB	080-3982-7927
3d Med Bn & 3d Den Bn	080-4541-5459
CLR-3 (CLB-4 & 3d TSB)	090-9120-9673
CLR-37	080-4276-6574

Formal Evaluation and Treatment:

Naval Hospital Okinawa:

Provides a walk-in screening services for immediate safety concerns M-F (0800-1600) at Outpatient Mental Health (3rd and 4th Deck). For afterhours safety concerns, please visit the USNH Oki Emergency Department.

Combat Stress Platoon (CSP):

Embedded mental health providers responsible for the mental health to Marines and Sailors within the 3d MLG. M-F 0800-1600; DSN 315-645-6115 / JP Cellphone 098-970-6115

May be referred by visiting the local medical clinic and speaking with a medical provider.